

## PATENT CLAIMS

1. An exhalation system for a helmet or face mask, which helmet or face mask covers the whole or parts of the area of the face's exhalation organs, the nose and mouth, with a chin guard,  
5 characterised in that the chin guard is provided with an internal closed cavity which has at least one opening towards the interior of the helmet or the face mask on the inside of the chin guard and that the cavity is further provided with one or more openings towards the outside of the chin guard.
2. An exhalation system according to claim 1,  
10 characterised in that chin guard consists of two parallel plates with an intermediate cavity and that the cavity is airtight at the upper edge.
3. An exhalation system according to claims 1-2,  
characterised in that the cavity in the chin guard has an opening in the lower edge of the chin guard.
- 15 4. An exhalation system according to claims 1-3,  
characterised in that the cavity has one or more openings towards the outside of the chin guard, on the side of the chin guard.